

# Mama Said

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Laura Rittenhouse (AUS) - July 2019

Musik: Mama Said - The Shirelles



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**Start after 16 beats (2 beats before lyrics "Mama said")**

## VINE RIGHT & ROCK BACK

1,2,3,4 Step R to R, Cross L behind R, Step R to R, Hold  
5,6,7,8 Slow rock L back at R diagonal (1,2), Recover R (3,4)

## VINE LEFT & ROCK BACK

1,2,3,4 Step L to L, Cross R behind L, Step L to L, Hold  
5,6,7,8 Slow rock R back at L diagonal (1,2), Recover L (3,4)

## ROCK FORWARD

1,2,3,4 Rock forward R, Recover back L, Rock forward R, Hold  
5,6,7,8 Rock forward L, Recover back R, Rock forward L, Hold

## SIDESTEP BACK ON DIAGONAL TURNING ¼ LEFT

1,2,3,4 Step R back on R diagonal (1:30), Step L beside R, Step R back on R diagonal, Touch L beside R  
5,6,7,8 Turning ¼ L step L back on L diagonal (10:30), Step R beside L, Step L back on L diagonal, Square up to 9:00 touching R beside L

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